

DECEMBER ACTIVITIES

At the Lemon Grove Senior Center

8235 Mt. Vernon St., Lemon Grove 91945 - Ph: 619-337-1425

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo	3 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	4 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch	5 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	6 11:30 Lunch 12:00 Bingo
9 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo	10 8:30 Aerobics 10:15 Hatha Yoga 11:15 Lunch No Movie in December	11 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch	12 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	13 10:00 <i>Holiday Celebration</i> <i>Come sing the songs of the Holidays, Pumpkin Pie & Door Prizes</i> 11:45 Lunch 12:15 Bingo
16 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo	17 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	18 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch	19 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	20 10:15 Celebrate December Birthdays w/ Music by "Sophisticats" 11:30 Lunch 12:00 Bingo
23 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo	24 HOLIDAY Christmas Eve Closed for the HOLIDAY	25 HOLIDAY Christmas Day Closed for the HOLIDAY	26 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch	27 11:30 Lunch 12:00 Bingo
30 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo	31 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch <i>New Year's Eve</i>		<u>Feeling Fit Classes</u> Mon. & Wed. 8:30am – 9:45am 9:45am – 11:00am Classes are FREE for seniors FOR EXERCISE CLASSES: Sign up with the teacher for each class	<u>Hatha Yoga Classes</u> are all \$ 3.00 per class in 4-week sessions. <u>Aerobic Fitness Class</u> \$ 40.00 Fee per Semester